SANDESH SABOO · SERIES 3 OF 3 · 25 POSTERS

Sadhu Aisa Chahiye
Hold the Grain

25 Occasions When We Become Too Porous
Sadhu Aisa Chahiye Trilogy · Series 3 of 3

RELATIONSHIPS

Repeated Hurt, Repeated Forgiveness

You forgive so completely that the other person never feels the weight of what they did. They hurt again. You forgive again.

THE HUSK — RELEASE THIS

The hurt, the resentment, the replaying.

THE GRAIN — HOLD THIS

That this pattern exists. Forgiveness does not mean re-exposure.

THE RESET — DO THIS

Forgive inwardly. Adjust the distance outwardly.

VALUES & SELF

Every Criticism Reshapes You

You are endlessly reshaped by whoever spoke last. Too loud — you become quiet. Too quiet — you become loud.

THE HUSK — RELEASE THIS

Words spoken from someone else's wound, not your truth.

THE GRAIN — HOLD THIS

Your own settled sense of who you are. Not arrogance — just a known centre.

THE RESET — DO THIS

Is this criticism from someone who knows me well and wishes me well? If not — hear it, nod, let it pass through.

RELATIONSHIPS

You Cannot Say No to Lending Money

You lend because you cannot bear the discomfort of saying no. The money goes. The relationship sours anyway.

THE HUSK — RELEASE THIS

The anxiety of appearing ungenerous.

THE GRAIN — HOLD THIS

A no said honestly is kinder than a yes said resentfully.

THE RESET — DO THIS

'I am not in a position right now.' Said once. Clearly. Without elaborate explanation.

VALUES & SELF

You Fold Under Pushback

You hold a view. Someone disagrees firmly. You immediately fold — not because of new information, but because you cannot hold discomfort.

THE HUSK — RELEASE THIS

The need for immediate approval from the person in front of you.

THE GRAIN — HOLD THIS

The difference between updating a view from reasoning versus abandoning it from social pressure.

THE RESET — DO THIS

'I hear you. I want to think about this more before I respond.'

RELATIONSHIPS

You Carry Everyone's Emotional Weight

The family's anxiety becomes your anxiety. A friend's crisis becomes yours. By evening you are exhausted by lives you did not live.

THE HUSK — RELEASE THIS

The illusion that absorbing their pain helps them carry it.

THE GRAIN — HOLD THIS

Your own emotional ground. You can be present without being merged.

THE RESET — DO THIS

Listen fully. Respond with care. Then consciously close the door. You are the lighthouse, not the boat.

VALUES & SELF

Flattery Dissolves Your Discernment

Someone praises you extravagantly. You immediately trust them, open yourself, lower every guard.

THE HUSK — RELEASE THIS

The pleasure of being seen as exceptional.

THE GRAIN — HOLD THIS

The calm question: why is this person telling me this, and what do they want?

THE RESET — DO THIS

Receive praise gracefully. Do not let it dissolve your discernment.

WISDOM & EXPERIENCE

You Cannot Hold a Lesson Already Taught

You were betrayed before. The same type appears, more charming this time. You forget everything the last experience taught.

THE HUSK — RELEASE THIS

The bitterness of the previous wound.

THE GRAIN — HOLD THIS

The pattern recognition. The earned wisdom. The knowledge that cost you something.

THE RESET — DO THIS

Before trusting someone new completely — does this person show any of the signs I have seen before?

RELATIONSHIPS

You Overshare in Vulnerable Moments

In distress, you tell too much to someone who has not earned that depth. Later it becomes gossip or leverage.

THE HUSK — RELEASE THIS

The urgency to be understood right now, by whoever is near.

THE GRAIN — HOLD THIS

Not everyone can carry what you carry. Intimacy is earned in layers.

THE RESET — DO THIS

In pain, ask: is this person a safe container? If uncertain — write it down. The paper holds everything without judgment.

VALUES & SELF

You Agree to Things You Don't Believe In

In a group you nod along to ideas that quietly trouble you. You feel vaguely soiled after.

THE HUSK — RELEASE THIS

The fear of being the one who complicates the room.

THE GRAIN — HOLD THIS

Your own quiet convictions. They need not be loud. But they must be present.

THE RESET — DO THIS

'I want to think about this before I commit.' This one sentence protects your integrity in every room.

WISDOM & EXPERIENCE

You Lose Your Routine in Service of Others

Your morning walk goes. Your reading time disappears. Over months you have hollowed yourself out.

THE HUSK — RELEASE THIS

The belief that self-care is selfishness.

THE GRAIN — HOLD THIS

A hollow vessel cannot fill others. Your routine is not luxury — it is maintenance.

THE RESET — DO THIS

Name three non-negotiables. Protect them as you would protect someone you love.

RELATIONSHIPS

You Cannot Disappoint Your Children

You say yes to every request, solve every problem. Your child never learns to hold a no.

THE HUSK — RELEASE THIS

Your own discomfort at seeing them disappointed.

THE GRAIN — HOLD THIS

A child who has never been disappointed has not been prepared for life.

THE RESET — DO THIS

Let the small disappointments land. Stay present through them. That is the deeper love.

VALUES & SELF

Peer Pressure Dilutes Your Values

The group drinks — you drink. The group gossips — you participate. You become a version of yourself you don't recognise.

THE HUSK — RELEASE THIS

The exhausting performance of belonging.

THE GRAIN — HOLD THIS

The self you return to when you are alone — your name, your values, your way of being.

THE RESET — DO THIS

After any gathering: did I behave in a way I respect? If not, understand why. Adjust.

RELATIONSHIPS

You Cannot Hold Silence

Someone shares something important. You immediately fill the space with words and your own stories. They leave unheard.

THE HUSK — RELEASE THIS

The need to be useful through speech.

THE GRAIN — HOLD THIS

Silence held with full presence is one of the most generous things one human can offer another.

THE RESET — DO THIS

When someone shares something important — breathe. Count three seconds. Then respond.

WISDOM & EXPERIENCE

Spiritual Practice Drops Under Pressure

When life is good, you pray. When life gets busy, the practice is the first thing dropped.

THE HUSK — RELEASE THIS

The idea that spiritual practice is reward behaviour — something you do when things go well.

THE GRAIN — HOLD THIS

The anchor. Even five minutes. Even one shloka. Even silence with intention.

THE RESET — DO THIS

Make the practice so small it cannot be skipped. One breath with full attention is a practice. Begin there.

WISDOM & EXPERIENCE

You Absorb a Toxic Workplace

The office politics, the gossip, the cynicism — you breathe it all in. Over time you become as bitter as the environment.

THE HUSK — RELEASE THIS

The daily contamination. It is not yours to carry home.

THE GRAIN — HOLD THIS

Your own sense of what good work means. Your own standard. Your own reasons for being there.

THE RESET — DO THIS

At the door of your home, consciously leave the workplace behind. Physically exhale. You are entering a different world.

WISDOM & EXPERIENCE

You Cannot Retain Your Financial Judgment

A relative is enthusiastic about an investment. You invest because you cannot hold your own assessment against their conviction.

THE HUSK — RELEASE THIS

Their excitement. Their certainty. Their emotional temperature.

THE GRAIN — HOLD THIS

Your own reading of the situation, however quieter it may be.

THE RESET — DO THIS

Never commit money in the presence of enthusiasm. Sleep on it. Decide in the morning, alone.

VALUES & SELF

Social Media Reshapes Your Self-Image Daily

Someone's post makes you feel your life is small. You log off feeling diminished.

THE HUSK — RELEASE THIS

Every comparison that was never yours to make.

THE GRAIN — HOLD THIS

The life outside the screen — one that has texture, smell, relationship, history.

THE RESET — DO THIS

Before opening any platform, ask: what do I actually think of my life right now, before I look at anyone else's?

RELATIONSHIPS

You Cannot Say Enough to an Ageing Parent

Guilt makes you agree to everything — every demand absorbed, every boundary crossed. You give until you resent.

THE HUSK — RELEASE THIS

The guilt that is being used as a lever, consciously or not.

THE GRAIN — HOLD THIS

The love that is genuinely there — and the limits of what one person can give. Both are real.

THE RESET — DO THIS

You can love deeply and still have limits. Stating a limit is not abandonment. It is honesty.

VALUES & SELF

You Cannot Hold Your Cultural Identity

In certain company you downplay where you are from, how you speak, what you believe.

THE HUSK — RELEASE THIS

The anxiety of being seen as provincial or traditional.

THE GRAIN — HOLD THIS

The richness of where you come from. Forty years with the Mahabharata is not a liability. It is a treasury.

THE RESET — DO THIS

Speak of your traditions with ease, not apology. The person who is rooted is never boring.

RELATIONSHIPS

You Absorb a Partner's Negativity as Your Own

Your partner is pessimistic — your own hope dims. Over years you have inherited a worldview that was never yours.

THE HUSK — RELEASE THIS

Their emotional climate, which is theirs to work with.

THE GRAIN — HOLD THIS

Your own original orientation to life — the one you had before the relationship reshaped you.

THE RESET — DO THIS

Ask: what did I used to believe about this before? Is that belief still available to me?

WISDOM & EXPERIENCE

Grief Makes You Give Up on Everything

A great loss arrives. Not just the pain but everything washes away — interests, hopes, forward motion.

THE HUSK — RELEASE THIS

The belief that retaining anything is a betrayal of the loss.

THE GRAIN — HOLD THIS

One small thread of continuity. One habit. One reason to get up. Just one is enough.

THE RESET — DO THIS

Grief must be felt fully. But it must not consume what was not taken by the loss.

WISDOM & EXPERIENCE

You Cannot Hold Your Parenting Instinct

Every article, every relative's opinion reshapes what you do. You lose trust in your own reading of your own child.

THE HUSK — RELEASE THIS

The noise of the crowd that has never met your child.

THE GRAIN — HOLD THIS

You know this child more deeply than any article ever will. Your instinct is real data.

THE RESET — DO THIS

Read, listen, learn — then filter everything through what you actually observe in this particular child.

VALUES & SELF

Excessive Humility Becomes Self-Erasure

You have been taught not to put yourself forward. Over time this becomes invisibleness. You have polished yourself away.

THE HUSK — RELEASE THIS

False modesty — the performance of smallness.

THE GRAIN — HOLD THIS

The honest acknowledgment of what you have built, learned, and earned. Knowing your worth is accuracy, not arrogance.

THE RESET — DO THIS

In any room — take up the space you legitimately occupy. No more. But no less.

WISDOM & EXPERIENCE

You Cannot Hold Your Health as a Priority

Everything comes first. Your body is the last item on every list. By the time you attend to it, it has been sending signals for years.

THE HUSK — RELEASE THIS

The belief that attending to your body is indulgence.

THE GRAIN — HOLD THIS

Every act of service you perform depends entirely on this one body continuing to function.

THE RESET — DO THIS

One appointment. One walk. One meal without screens. Begin there. The body remembers quickly when attended to.

VALUES & SELF

You Forget the Transaction Is Between God and You

You pour yourself into human relationships — seeking their approval, living by their verdicts — and lose the only relationship that is absolute.

THE HUSK — RELEASE THIS

The need for any human being to be your final court of appeal.

THE GRAIN — HOLD THIS

This world is only about I and God. Everything else is His many faces. Nothing is ever lost on that side.

THE RESET — DO THIS

Come back to that. Not as escape from people — but as the ground beneath your feet when people disappoint or abandon you.